

WARREN

SENTINEL



"Jolly Rogers"

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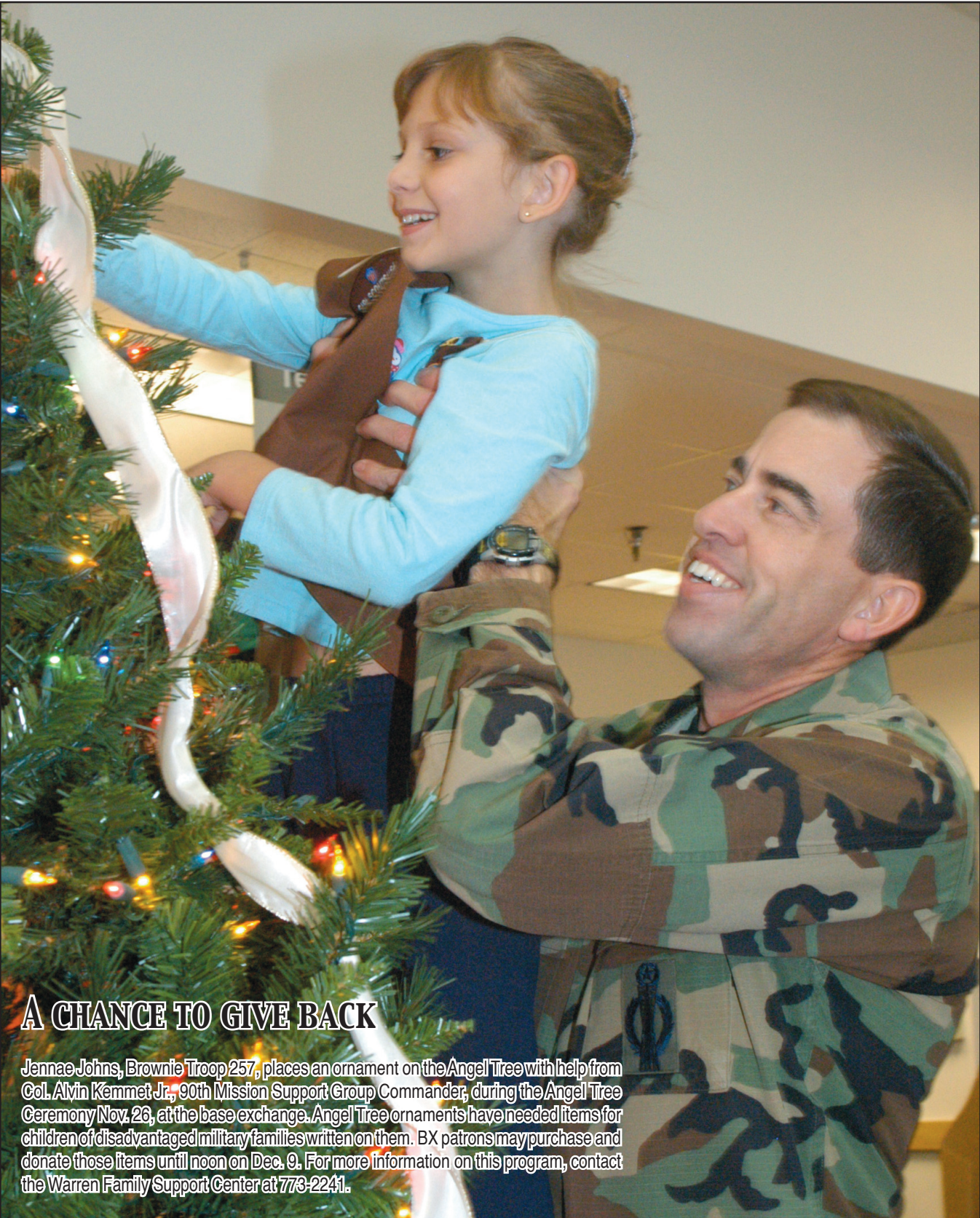
December 2, 2005

Airmen retention

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A CHANCE TO GIVE BACK

Jennae Johns, Brownie Troop 257, places an ornament on the Angel Tree with help from Col. Alvin Kemmet Jr., 90th Mission Support Group Commander, during the Angel Tree Ceremony Nov. 26, at the base exchange. Angel Tree ornaments have needed items for children of disadvantaged military families written on them. BX patrons may purchase and donate those items until noon on Dec. 9. For more information on this program, contact the Warren Family Support Center at 773-2241.

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Commentary

Mentoring, supervisors affect Airmen retention

Tech. Sgt. David Thibodeau

90th Mission Support Squadron First Term Airmen's Center

Does mentoring affect retention? You bet it does. It's the reason I'm still here after 14 years. When I first came into the military, I kept hearing "when I was an Airman..." or "look at the type of Airmen coming into the Air Force." Sound familiar? During my first two years in the military, I had three different supervisors and the only direction I received from them was to get out of the military as soon as possible. All my supervisors did was complain, be bitter about everything and count down the days until they could get out of the military. It's amazing how a supervisor's attitude can be passed on to everyone who works for him.

I finally moved to a new office at my halfway point — two more years and I would be out of the military. Then, my new supervisor sat me down and talked to me. I noticed that he was different from the others. He had a real positive attitude and opened my eyes to a whole other military: a military where you could make a difference, a military that wanted me, and a military that needed me. My supervisor helped me evolve. I will not tell you that everything became clear for me overnight or that I became the model Airman. It is safe to say that at first, I was quite difficult and stayed that way for a while.

However, little by little, I grew to understand my role in the Air Force. I went from "just doing my job" to implementing changes that affected my squadron. I was lucky to work with that supervisor for two years before we both received orders and went to different sides of the world. He keeps in touch with me now to make sure I'm still doing well. He gives me advice and helps me when I need guidance. After six years, I was able to meet with him in

May. It was great to talk to him and reminisce. I don't know if he knows the impact he had on those people he supervised, but he obviously knows how to be a good mentor.

The thing about mentoring is that someone who I think is a great mentor might not be the ideal mentor for someone else. You don't have to be a great leader to be a mentor, but you do need to know how to relate to people on a personal basis and you do need to be a good listener. This is one of the things I love about the military. In most civilians jobs you are hired into a position and you stay in it. The best way to obtain job security is to ensure no one else is able to take your job. The Air Force philosophy is different. We understand the importance of mentoring and training. The goal is to help our junior personnel grow and learn so that they can replace us. Because of the Air Force's focus on mentoring and all those great mentors out there, I know that when I do leave the military, there will be plenty of people willing and able to take my place.

Man on the street

The Warren Sentinel asked Warren members, "What is your favorite holiday song?"



"'Silent Night' because it reminds me of what we're actually celebrating. It's not about the material things but the spiritual and meaningful times."

- **Tech. Sgt. Michael Ediger, 90th Maintenance Operations Squadron**



"I don't have a favorite, but I like 'Silent Night' by Boyz II Men."

- **Airman 1st Class Nikki Ward, 90th Missile Maintenance Squadron**



"Feliz Navidad."

- **Master Sgt. Jesus Medrano, 90th Maintenance Operations Squadron**



"'Oh Holy Night' is my favorite holiday song. I just like it. It has a good message, and it's a good song."

- **Anna Beth Williams, Warren spouse**

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Whatever the task, attitude is essential

Maj. Joe Engelbrecht
Defense Force Commander

ALI BASE, Iraq -- How do you view difficult situations?

If you sit back and think about it, there are always at least three ways to look at almost any difficulty: as a problem, a challenge or an opportunity.

The first reaction of many people is to immediately label any difficulty as a problem, often times creating an overwhelming situation. The same situation could be viewed as a challenge to be overcome, or even better yet, an opportunity to learn, grow and improve a process for the future.

I often ask my leaders, at a minimum, to approach any task as a challenge that can be overcome.

Less experienced Airmen may have a natural tendency to view many tasks, events or situations as problems. These Airmen look to their leaders not only for know-how, but also for the proper attitude.

If the person leading ap-

YOU WILL ALWAYS BE FACED WITH DIFFICULT SITUATIONS, ESPECIALLY IN THE COMBAT ZONE. SOME EVENTS WILL BE BEYOND YOUR CONTROL, BUT YOU ARE THE ONLY THING CONTROLLING YOUR ATTITUDE.

proaches difficulties with a view toward challenges to be met and overcome, or as an opportunity to learn and improve, stress and anxiety will be eliminated and everybody involved will grow. When individuals grow, the unit and mission also improve.

The best leaders will always strive to look at every situation as an opportunity. It may be an opportunity to improve the capabilities of the individual, team or unit. Some call it "life experience," some call it tools for your toolbox, but in all cases, your

attitude will affect your approach and impact the end result.

For example, let's say your supervisor has asked you to teach someone from outside your unit about your duties and responsibilities. You could a) choose to look at the task as a problem, an additional burden to your already busy schedule; b) as a challenge, a task that will have to be balanced with your other duties, but something that you are prepared to accomplish. You were likely chosen because you are a good representative and spokesperson

for your unit and mission; or c) my challenge to you, which is that you'd approach this and everything outside of your routine as an opportunity.

The same task, which some see as a problem, could very well be an opportunity to forge mutually beneficial relationships, to learn about other aspects of the mission and to have others better understand and appreciate what you do. That problem or challenge is an opportunity to better yourself and strengthen the team.

Every Airman is important, but this organization is all about the team. Your teammates are counting on you, just as you count on them. Members of a team feed off each other. Your attitude, either positive or negative, will affect the team.

You will always be faced with difficult situations, especially in the combat zone. Some events will be beyond your control, but you are the only thing controlling your attitude.

Attitude is everything. Attitude is infectious.

General talks force shaping at Warren

'02 and '03 lieutenants potentially affected

1st Lt. Regina Gillis
*Space and Missile Systems
Center Public Affairs*

2nd Lt. Josh Edwards
*90th Space Wing Public
Affairs*

To help explain the Air Force's Fiscal Year 2006 Force Shaping Plan, Brig. Gen. Robert M. Worley II, Director of Plans and Programs for Air Force Space Command visited personnel here Nov. 28, along with the command's space and missile officer assignments chief, Maj. Chad Deranger.

The "Spread the Word" campaign was initiated by the Secretary of the Air Force to achieve face-to-face information delivery about upcoming reductions to the officer corps. The Air Force's major commands are sending general officers with a team to visit bases aligned under them.

"The decision to separate people to shape the force the way we are is one that was taken very seriously. It was taken under great consideration," said General Worley.

The force shaping effort

underway now will affect officers commissioned in calendar years 2002 and 2003. Designated specialties in those year groups are the focus of current force shaping implementation that will end with officers being separated no later than Sept. 29.

These actions are necessary to correct an imbalance among the enlisted and officer force, which resulted from several actions the Air Force took in 2004 and 2005 to bring actual manning in line with our congressionally authorized end strength. In short, the Air Force is the right size, but the wrong shape. The Air Force currently has 4,000 too many officers, mostly company grade, and 6,000 too few enlisted members.

"We want company grade officers to understand the process," General Worley said, discussing what he envisions the team accomplishing.

At Warren, there are approximately 40 officers that could be affected under the provisions of force shaping.

The team used a slide-show presentation to cover

basic areas such as pertinent timelines, associated board requirements, and guidance on future decisions that will be made by the Secretary of the Air Force.

"I hope they take away a couple of things," said General Worley regarding "Spread the Word" session attendees.

"First is that the Air Force values their service, and appreciates the fact that they volunteered to come in and serve during a time when the nation certainly needed them," he said.

"Second is to come away with an understanding of the force-shaping background and process so they know how this is going to affect them. Finally, I hope they understand that they have several options for continuing to serve their nation, and transition assistance is readily available through family support centers," said General Worley.

General Worley saw the visit as an attempt to connect and ensure an A-to-Z explanation of force shaping was conveyed and emphasized. The biggest reason the team came



Photo by 2nd Lt. Josh Edwards

Brig. Gen. Robert M. Worley II, Air Force Space Command Director of Plans and Programs, speaks to warren members Monday at the base theater.

was to deliver this important information, face to face, and to answer questions. If the questions couldn't be answered during the briefing, the team extended a promise to get the answers back to the wing.

"We're here to answer any questions and address any personal issues as they arise," said Capt. Tara White, Warren's Military Personnel Flight Chief. "As we (the

MPF) get additional information on the force shaping process, we'll continue to keep the base populace, and especially those potentially affected, informed."

The Air Force Personnel Center will update information periodically. Personnel are encouraged to check the AFPC Web site: www.afpc.randolph.af.mil/retsep/shape.htm.

90th Space Wing exceeds CFC goal by 134 percent with \$91K

2nd Lt. Kathy Vorenkamp
90th Mission Support Squadron

'Tis the season of giving, and the outcome of the Combined Federal Campaign 2005 reflects just that.

The members of the 90th Space Wing contributed more than \$91,000 to the CFC.

The base raised the largest amount of money in recorded history. With 45 percent of the base population participating in this year's CFC, the base was able to exceed its goal of \$68,000 by 134 percent.

The group representatives went full force by acquiring 100-percent contact with their squadrons within the first two weeks. Many went out to support the C.B. and Potts fundraiser that donated 20 percent of patrons' bills to the CFC, totaling more than \$200 in donations.

The 90th Maintenance Group had a bowling tournament as a fundraiser and donated all the proceeds to Operation Warmheart, a program on base that supports the Warren community.

A special thank you goes out to all the group and squadron representatives who stayed motivated and focused as they guided their squadrons and groups to success during the six-week campaign.

This year's CFC shows that when the members of the Mighty Ninety pull together, miracles can happen. Those who donated are true heroes who care for others that are in need and will reflect in organizations throughout the base, the community and the world.

As we approach the holiday season of giving, know that Warren gave the ultimate gift by being a CFC contributor this year.



Photo by Airman 1st Class Brandy Holcepl

PUMP FOR JOY

Airman Brent Kimbell, 790th Missile Security Forces Squadron, checks the oil of a patron's car during the Operation Provide Joy fundraiser Pump For Joy held Nov. 21 at the shoppette.

Briefs

The Great F. E. Warren Cookie Launch

Let's bring a little bit of "home" to our 650-plus dormitory Airmen this holiday season!

Please support this base-wide effort by bringing homemade cookies to the Trail's End Club, Dec. 12, 6:30 a.m. to noon.

(Santa's helpers will be standing by for curbside drop-off at the main circle drive entrance.)

Anyone who'd like to join the fun in assembling goodie bags is welcome to help!

MSET Assessment

Warren's first Missile Standardization, Evaluation and Training Assessment is scheduled for Jan. 16 to 20, 2006. MSET, formerly known as the Combat Capability Assessment, is an inspection that evaluates how Warren trains and evaluates its people to effectively safeguard and/or employ 150 Minuteman III intercontinental ballistic missiles upon direction from the president. For more information, contact Lt. Col. Jeff Jenkins or Capt. Mike Morris at 773-2135.

Straight talk line

To receive timely information on delayed reporting as well as inclement weather, call the 90th Space Wing Straight Talk Line:

From a base phone: x2222
Commercial: 773-2222

Asbestos and lead awareness training

Quarterly awareness training for asbestos will be offered at the base theater 8 to 10 a.m. Thursday. The lead based paint awareness training will be offered directly following until 11:30 a.m. Annual attendance is mandatory for the following people: 90th Civil Engineer Squadron craftsmen, construction inspectors, engineers, facility custodians and anyone else who may disturb materials in buildings constructed prior to 1982, 90th Communications Squadron line runners, facility managers, maintenance workers, custodial workers, project managers, Auto Hobby Shop personnel, group and squadron commanders. Everyone else is welcome and encouraged to attend. For more information, call Mike Zak at 773-4358.

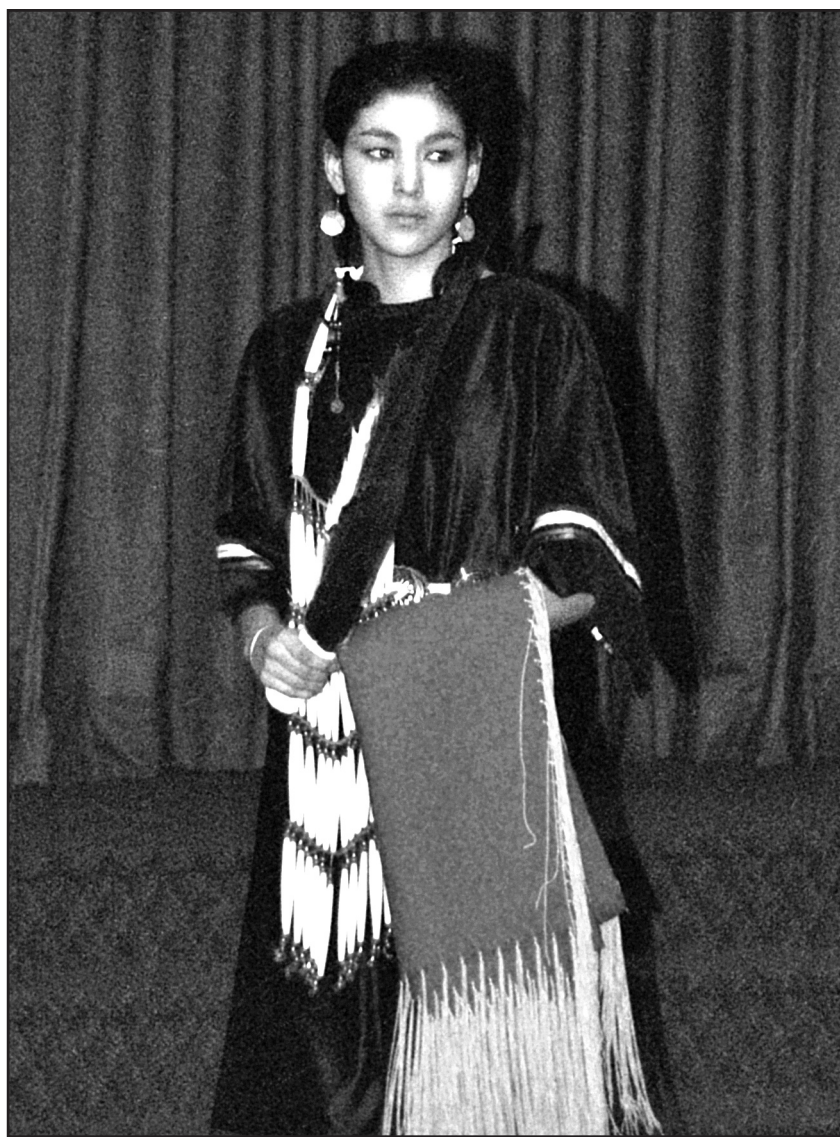


Photo by Airman 1st Class Tessa Cubbon

AMERICAN INDIAN HERITAGE

Rachelle Bordeaux, a member of the Sicangu Lakota Nation from the Rosebud Reservation, S.D., performs at the American Indian Heritage Luncheon Monday at the Trail's End Club. The luncheon was held to educate and entertain the base community. American Indian Heritage is celebrated during the month of November. For more information on celebrated heritage, contact the 90th Space Wing Military Equal Opportunity at 773-2741.

VA Prescription co-pays to increase by \$1 Jan. 1, 2006

WASHINGTON - Co-payments for outpatient medicines prescribed through Department of Veterans Affairs medical facilities will rise by \$1, according to an announcement today by VA. The \$1 increase for a 30-day supply of prescription drugs will take effect on Jan. 1, 2006, the first change in VA prescription drug co-payments in four years.

"Through sound management practices, efficient pharmacy operations and price negotiations that put veterans first, VA has been able to contain prescription drug costs," said the Honorable R. James Nicholson, Secretary of Veterans Affairs, noting that co-payments paid by veterans will still be lower than similar expenses in the private sector.

The increase to \$8 from \$7 for a 30-day supply of prescription drugs is required by federal law, which bases VA's co-payments for outpatient prescriptions on in-

creases in the Medical Consumer Price Index.

The \$1 increase will not affect veterans who have an injury or illness connected with their military service resulting in a 50 percent or greater disability. Also known as "Priority Group 1" veterans, these patients will see no change in their current prescription drug benefit, Nicholson said.

Other veterans with less pronounced service-connected ailments - those classified as Priority Groups 2 through 6 - will see their prescription drug co-pays rise by \$1, but their annual out-of-pocket expenses for VA medicine will remain capped. The new cap will rise to \$960 per year, up \$120 from the previous level. This means veterans in Priority Groups 2 through 6 will pay no more than \$960 annually for VA outpatient medicine.

Veterans who have no injury or illness related in any way to their prior military service - referred to

as Priority Groups 7 and 8 - will also see their co-payments increase, but there is no cap on annual payments for outpatient medicine.

Not all prescription drugs will be subject to the \$1 increase. Outpatient medications not subject to co-payments include:

- Medication for treatment of a service-connected disability;

- Medication for a veteran who has a service-connected disability of 50 percent or more;

- Medication for a veteran disabled by 50 percent or more for unemployment;

- Medication for a veteran whose annual income does not exceed the amount of VA pensions;

- Medications for health problems that may be linked to Agent Orange for Vietnam veterans, to radiation exposure, to undiagnosed illnesses of Persian War veterans, or for new veterans within two years of discharge after serving in a combat theater.



Photo by Airman 1st Class Clay Lancaster

TAKE AIM

FAIRCHILD AFB, Wash. -- An Airman takes aim into the fog during a combat skills training course here recently. Fairchild is among the Air Mobility Command bases that have started conducting combat skills training.

Colonel's bone marrow saves baby girl's life

Capt. Ryan Norman
572nd Global Mobility Squadron

TRAVIS AIR FORCE BASE, Calif. -- More than a decade ago, then-Capt. Marilyn Kott spent a few extra minutes at the end of a mobility processing line to learn about a program that matches Air Force volunteers with persons who need bone marrow transplants.

Three assignments went by and her life went on as usual. Then one day this summer she received a phone call informing her that she was a possible match for a 4-month-old baby that needed a bone marrow transplant.

"I almost forgot I had even signed up for the program," said Lt. Col. Marilyn Kott, 572nd Global Mobility Readiness Squadron Commander.

A representative from the C.W. Bill Young Donor Center in Kensington, Md., guided Colonel Kott through the long process to determine if she was an ideal match.

The Department of Defense donor center supports active-duty military members and their families, department civilians, reservists and Coast Guard members eligible to donate.

Participation in the program, which is 100 percent voluntary, does not obligate a person to donate. Volunteers can back out at any time.

Colonel Kott did not back out. She began the next process of the donor program -- undergoing a telephone interview regarding her health and physical well-being. She also provided updated blood samples, drawn at the David Grant U.S. Air Force Medical Center and forwarded to the Georgetown University Hospital in Washington, D.C.

"I provided the blood sample, but I still did not really think that I would be a match for someone," the colonel said.

She was wrong. A month later she found she was the best match for a 4-month old baby with leu-

kemia. This is a disease of the bone marrow in which unrestrained proliferation of white blood cells occurs, usually accompanied by anemia, impaired blood clotting and enlargement of the lymph nodes, liver and spleen.

"When they told me I was the best match, there was no doubt that I would donate," Colonel Kott said. "The fact the recipient was a baby made it more poignant."

In the weeks before the procedure, the baby received chemotherapy treatments to stop the progress of the cancer. The treatments destroy bone marrow, which produces red blood cells.

Colonel Kott entered Georgetown University Hospital on the morning of Sept. 29 to take the final step. The procedure is relatively simple, only taking about an hour. The donor receives a general anesthesia and the marrow is drawn from the lower back.

After the procedure, Colonel Kott spent time

"WHEN THEY TOLD ME I WAS THE BEST MATCH, THERE WAS NO DOUBT THAT I WOULD DONATE," COLONEL KOTT SAID. "THE FACT THE RECIPIENT WAS A BABY MADE IT MORE POIGNANT."

LT. COL. MARILYN KOTT
572ND GLOBAL MOBILITY READINESS SQUADRON

in the recovery room while the anesthesia wore off and then rested overnight in the hospital.

"The people at the hospital at Georgetown treat you so well that it's easy to think the procedure is about you and not the recipient," Colonel Kott said. "While there was some discomfort, the procedure and recovery were really more of an inconvenience than anything else."

But the opportunity to meet the recipient will have to wait. According to donor program policy, Colonel Kott and the recipient cannot request to know who was on the other side of the procedure until one year passes.

"I'm glad to have been able to participate and

would absolutely do it again," the colonel said. "Bone marrow is one of the body's organs with amazing life-saving properties, and yet it's very easy to donate. Really, it's just a little bone marrow to the donor, but it may be life altering for the patient."

The baby received the marrow within a few days of Colonel Kott's procedure. It's been five weeks and so far the news is good -- the baby's health is progressing well.

For more information on the bone marrow program, call toll free 800-627-7693 or visit www.dodmarrow.org.



Photo by Airman 1st Class Tessa Cubbon

SHOW ME THE SCHOLARSHIP

Katie Peters (second from right), step-daughter of Senior Master Sgt. Brian Nicholson (left), Twentieth Air Force, receives a \$3,000 scholarship from Lt. Col. Stephen Thompson, 90th Services Squadron Commander, Nov. 25 at the services squadron here. Also pictured is Miss Peters' mother, Pamela Nicholson. A total of 195 entries were submitted to Air Force Club Membership headquarters for national consideration. Six winners were chosen for the scholarship, which is in its ninth year, with awards ranging from \$2,500 to \$6,000.

Are you ready: Final in a 3 part series

Find the motivation to be Fit to Fight

Staff Sgt. Theresa Donnelly
90th Space Wing Public Affairs

People hate to run. There are exceptions to this terribly general statement and one of them is exercise physiologist Alison Morrell.

Ms. Morrell is an avid runner and she believes that motivation is what's lacking in people's quest to be fit to fight.

"People need to find an internal motivation," said Ms. Morrell. She oversees and manages the installation fitness program, ensuring that members meet the Air Force physical training standards.

She's who people go to when they fail their PT test and helps them through the process to improve themselves and pass the test. She said people don't want to do what it takes to be fit if they see it as work.

"Once you find that spark, that internal motivation, make it a priority in your life and you'll find the time for exercising regularly," said Ms. Morrell. She said people don't see it as an important piece of life, or they think it is important but don't make the time.

"For those who it's a priority, they find a way over the barriers. They find the time."

Some barriers for people she named were members who work

in the field or have long duty days. She said shifting from the cycle ergometry testing to composite scoring is difficult for some to build an adherence to physical fitness.

Tech. Sgt. Michael Silva, physical therapy technician at the health and wellness center, agrees this change in fitness standards is challenging for some members but said Air Force members need to be ready to make adjustments to their lifestyles because they deploy more than before and they're expected to be fit.

"It's important to be fit because others are impacted if you're not. If you can't do a job, someone else will have to replace you," he said.

Ms. Morrell supported Sergeant Silva's notion by adding that by being unfit, a servicemember is letting down the team.

"You could have more health problems which potentially decrease job performance and lost duty time," she said.

These two fitness experts both agree lifestyle changes need to be made and both strongly advise people to take it slow when they start out.

"We see so many injuries because people aren't used to the



Photo by Staff Sgt. Theresa Donnelly

Senior Master Sgt. John O'Brien, 90th Civil Engineer Squadron, works out on a treadmill Wednesday at Freedom Hall. Finding alternatives to running, like the treadmill, is one way fitness experts at the health and wellness center say people can use to get fit.

change in the fitness standard," said Sergeant Silva, "they go out and do too much too fast."

"It doesn't happen overnight, it takes time," said Ms. Morrell. "People quit when there's no immediate gratification and therefore lose motivation."

Regaining and maintaining motivation is the key to getting fit according to Ms. Morrell. She said if running is work for people, then they don't have to do it every day. They can do cross training, biking, circuit training, stairs or they should find a way to make getting fit fun and interesting. She said people can do this by participating in sports, mountain climbing, hiking, repelling or water rafting.

"It may not be cardiovascular but it could spark something inside of you," she said. She also suggested to find motivation with

your kids by setting an example of healthy living for them.

Superiors and physical training leaders need to be motivators as well, she said. "They should work together with individuals to help keep them out of the 'marginal.' Or, a person with an 'excellent' score can help a superior achieve a better score. This type of support will boost morale and motivation and everyone benefits from that."

Ms. Morrell suggested one more possible culprit for a person's low motivational drive.

"Nutrition could be a factor," she said, "Poor nutrition could affect a person's energy level and therefore their motivation to get out and exercise."

Freedom Hall Fitness Center also has a licensed dietician to put Warren members on the right track to healthy living.

UNDER 30 INTRAMURAL BASKETBALL STANDINGS

Division 1

790th Missile Security Forces Squadron A	3-0-0
90th Maintenance Operations Squadron	2-0-0
90th Services Squadron	2-1-0
90th Operations Group B	1-0-0
90th Security Support Squadron	1-3-0
90th Civil Engineer Squadron	0-3-0
90th Missile Security Forces Squadron B	0-2-1

Division 2

90th Missile Maintenance Squadron	5-0-0
90th Communications Squadron	2-1-0
90th Operations Group A	2-1-1
790th Missile Security Forces Squadron B	1-2-1
90th Missile Security Forces Squadron A	0-3-0
90th Logistics Readiness Squadron	0-3-1
90th Security Forces Squadron	0-2-2

Mexico native humbled by wing award

Airman 1st Class Jose Torres De La Cruz, 90th Communications Squadron, sat down with Airman 1st Class Brandy Holcepl, 90th Space Wing, to talk about winning Airman of the Quarter at the wing level, his family and his work.

Where are you from?

I am originally from Mexico, but my family moved to Nebraska when I was 11.

Is home different from here?

I come from a very small town so this is a big city to me.

What is your favorite memory from home?

Learning how to understand, speak and write the English language.

What activities did you do in high school?

I played football, I played the trumpet in band and I prepared physically to join the Air Force in my later high school years.

What do you like to do with your family?

[Take] trips to Mexico to visit my family. [I enjoyed] when my family and I visited La Basilica De Guadalupe in Mexico City.

What is your favorite memory with your family?

Visiting my grandparents in Mexico. I am close to both sets of grandparents so any memories with them are my favorite.

When did you join the Air Force?

In 2003, just after graduation [from high school].

Why did you choose the Air Force over other military branches?

I did extensive research and the Air Force cared more about their people and there were more chances to get experience and education. I wouldn't trade it for anything.

How many years are you enlisted for?

I enlisted for six years.

Have you been stationed at other bases?

[No], this is my first base.

Have you ever been deployed or gone TDY?

I was TDY in Texas for a week



Photo by Airman 1st Class Brandy Holcepl

Airman 1st Class Jose Torres De La Cruz, 90th Communications Squadron, reads an Air Force 350 Tab, which has information regarding what is wrong with a Maintenance Test Set.

for a Nortell Networks class.

What are your career goals?

My short-term goals are to get commissioned before my enlistment is over. If I get commissioned, I would like to make the Air Force a career. My long-term goal is to get a biology or a pre-law degree.

What do you do for your job?

I work with old computer and telephone systems.

Do you like your job?

It is an interesting job, but I really like the people I work with. We have this standing joke that I am the one and only Latin heat. I think it is great.

Did you do any traveling before you joined the military?

I traveled to Mexico with my family and to Texas to visit my uncle.

What do you do in your spare time?

I take classes at Laramie (County) Community College Monday through Thursday, I am taking an online class, I am learning how to play the guitar and I go to the gym a lot.

Do you do any volunteer work?

I am helping a fourth grade girl at Pioneer Park Elementary School learn how to speak English. I am an assistant for an English as a second language class, I volunteered for Cheyenne Frontier Days for the last two years, and I am the Airman activity coordinator for the Air Force Sergeants Association.

Do you enjoy doing volunteer work?

I enjoy volunteer work not only because it makes a difference in

someone else's life, it makes a difference in my life and it gives me something to do with my time here.

What is the most important thing you have learned from being in the military?

That you have to deal with a lot of different personalities you find in the military and the places it takes you.

Have you won any awards?

I won Airman of the Quarter at the squadron, group and wing level.

How did you feel when you won Airman of the Quarter for the base?

[I was shocked], because I didn't think I would make it that far.

Why do you think you won Airman of the Quarter?

Because of all the support I got from my leadership. They helped me and pushed me through.

How do you think this has impacted your career?

I think this will have a positive influence and it has motivated me. It showed me that I am able to accomplish whatever I want to as long as I work for it.

What is your favorite kind of music?

I like all kinds of music.

What is your favorite movie?

I have more than one and they are "The Lord of the Rings," "Edward Scissorhands," "Saw" and "The Butterfly Effect."

What is your favorite TV show?

"The Family Guy," hands down.

What is your favorite book?

"Angels and Demons," I really liked how detailed it was; it was much better than "The Da Vinci Code."

What is your favorite kind of food?

Anything Mom and Grandma make.

Ski trip

The 90th Services Squadron Outdoor Recreation will take its first ski trip of the season to Keystone, Colo., for Snofest Jan. 27 to 29. Those who purchase a Liberty Pass may get photo passes taken care of there.

The bus is scheduled to leave by 5:30 a.m.

Cost is \$65 for day skiers and \$20 for season pass holders. This trip includes ski equipment for no additional charge.

For more information, call ODR at 773-2988.

Colorado Eagles Pro Hockey Military Night

Military discounted tickets are available for the Colorado Eagles vs. the Memphis River Kings today at the Budweiser Event Center.

Tickets are \$16. For \$6, outdoor recreation will drop-off and pick-up at the front door to avoid paying for parking. Purchase tickets by Tuesday.

For more information, call ODR at 773-2988.

Water aerobics class

Water aerobics offers a low impact cardio workout. Sessions are Tuesdays and Thursdays, 5:30 to 6:30 p.m. The session is \$3 or save with a \$30 punch card for 15 sessions. The first class is free.

For more information, call the aquatic center at 773-3195.

Family special

Swim on Saturdays from 1 to 5 p.m. Pay no more than \$10 for the entire family. Immediate family members only.

Free bowling

Have lunch at Warren Lanes and bowl two free games Mondays through Fridays, 11 a.m. to 1 p.m., rental shoes included. For more information, call Warren Lanes at 773-2210.

Family bowling day

Prices for Sunday afternoon open bowling are reduced for Family Day. The entire family can bowl for \$6.50 per hour per lane from noon to 6 p.m.

Xtreme Bowling

Xtreme Bowling is held Fridays from 9:30 to 11 p.m., and Saturdays from 7 to 11 p.m. The cost is \$7.50 per lane/per hour.

For more information, call 773-2210.

Auto skills center special

Save \$10 on a cooling system flush during December. Call 773-3869 for an appointment.

Call or stop by the Warren Auto Skills Center in December to purchase a pre-programmed wash card and an additional \$5 will be added.

Ceramic class

Santa Claus is coming to the Warren Multi Crafts Center Dec. 10. Join the Gingerbread Boys and Girls painting class from 1 to 3 p.m. This \$10 class is limited to 12 students.

Boxing exhibition

A free boxing exhibition is scheduled for 7 p.m., Dec. 10 at Fall Hall. Doors open at 6 p.m.

For more information, call 773-2944 or 773-3511.

Youth ballet lessons

Learn ballet every Tuesday at the youth center. Pre-ballet begins at 9:30 a.m., beginning ballet begins at 4 p.m. The classes are \$30 per month for the first student and \$25 for additional siblings.

For more information, call the youth center at 773-2564.

Family Day

Every Sunday is Family Day at Chadwell Dining Facility. All active-duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m.

Also invited are family members of deployed servicemembers.

For more information, call 773-3838.

Membership Drive Roll Up Party

Club members are invited to come to the Trail's End Club at 5 p.m. today. All squadrons that reached their membership drive goal by Nov. 30

are entered into the drawing for club party credits - \$300, \$200 and \$100. A \$250 club credit drawing will be held for members present.

For more information, call 773-3048.

Christmas tree cutting trip

Outdoor recreation is scheduled to host a Christmas tree cutting trip Sunday to one of Colorado's cut-your-own tree farms. The trees are scotch pines and range in price from \$35 to \$70 each. For \$10, or \$25 for a family of four, ODR will provide transportation.

For more information, call 773-2988.

Children's story time

Story hour is held every Friday at 11 a.m. at the base library.

Today: Operation Santa Paws

Dec 9: Hanukkah

Dec 16: Beethoven's Birthday

Dec 23: Christmas

Dec 30: Kwanzaa

For more information, call 773-3416.

6 by 6



Photo by Airman 1st Class Tessa Cubbon

ARRIVE ALIVE

Lt. Col. David Bliesner presents a \$750 check on behalf of the members of the now deactivated 400th Missile Squadron, to Chief Master Sgt. James Wood, 90th Space Wing Command Chief, and Tech. Sgt. Rodney Cochran, 90th SW, for the base's Arrive Alive program. The Arrive Alive program provides servicemembers a free cab ride in the event they've been drinking.

Education center briefs

Course 12 change: Effective Jan. 1, 2006, Enlisted PME Course 12 testing policy will be changed. Students failing a subcourse examination may retest once on that subcourse after three duty days. This is a change from earlier policy that required retesting only after a 30-day remediation/waiting period. For questions, contact the Warren Education Center at 773-2117.

Attention officers: Did you know that as an Air Force officer you are responsible for contacting the Air Force Institute of Technology to upgrade your education level on your records? You can contact AFIT by mail at: AFIT/SCIB, 2950 P Street, Wright Patterson AFB, OH, 45433-7765. To contact AFIT by phone, call DSN 785-6234, commercially (937) 255-6234 or toll-free 1-800-211-5097.

Online tuition assistance: Do you plan on using Air Force tuition assistance in fiscal year 2006? The Air Force Education Community has announced that Air Force members will begin completing requests for tuition assistance online through the Air Force Portal and the Virtual Education Center. For more information, contact the education center at 773-2117.

Commissioning workshop: Are you active duty enlisted and interested in becoming a commissioned officer? The Warren Education Center is presenting a commissioning workshop on Dec. 13 at 2 p.m., in Room 24 of the education center. Presentations will include Air Force Reserve Officer Training Corps programs, Officer Training School and the Air Force Academy. If you are interested in learning more about commissioning programs, call the education center to pre-register for this workshop at 773-2117.

Operation Provide Joy needs your help this holiday season

Operation Provide Joy is an annual event held on base to provide a joyful holiday for underprivileged children in the Cheyenne area. This program provides these children with a day of entertainment and bag of gifts for the holidays. Their families also receive an array of goodies to prepare a complete holiday meal.

Help OPJ by donating new, unwrapped gifts to support this cause. The gifts should be appropriate for boys and girls between the ages of 6 and 10 (price range of gifts should be between \$2-\$20).

The toy drive is taking place through Wednesday, however, financial donations will be accepted any time of the year at any Warren Federal Credit Union.

Share in the holiday spirit and donate as many gifts as you can. Help us give holiday joy to deserving youngsters who may otherwise miss out.

Members may also help OPJ by volunteering to wrap toys on Thursday, pack food boxes on Dec. 9, or help out at the holiday party on Dec. 10.

On Thursday, 20 to 25 volunteers are needed to wrap toys for children beginning at 4 p.m.

On Dec. 9, packing food boxes for families begins at 4 p.m.; 20 to 25 volunteers are needed.

On Dec. 10, 30 to 35 volunteers are needed to help set-up and decorate beginning at 7 a.m. Delivering food boxes begins at 8 a.m., and four to five volunteers are needed. Six to seven volunteers are needed for face-painting which begins at 9 a.m. Escorts for children begin at 9 a.m., and 90 to 95 volunteers are needed. Escorts must be in service dress. Six to 10 volunteers are needed to help with food and drink service that begins at 10:30 a.m. Tear-down and clean-up begins at 1 p.m., and 15 to 20 volunteers are needed. Location for all volunteer opportunities on Dec. 10 is the Trail's End Club.

To volunteer for any of these events, contact 2nd Lt. Nicole Littlejohn at 773-4952.